

# Utah State Office of Education's Health and Physical Education Professional Development

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**Course:** Exercise Physiology  
**Date:** June 7-10, 2010  
**Time:** 8:00 a.m. - 1:00 p.m.  
**Site:** Granite District Office  
2500 South State Street, Salt Lake City  
**Instructor:** Bob Ostberg  
**Fee:** \$75.00 (Payable to Granite School District)

Course Description: This practical application course explores the functioning and adaptation of the body to the stress of various levels of exercise and the utilization of nutrients in producing energy at rest, during activity and in the recovery period. Exercises will be evaluated according to energy yielding pathways producing either aerobic or anaerobic outcomes. 100% attendance and a project are required for USOE credit.

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Please fill in information and send to Curtis Hale with \$75.00 registration check:

Name: \_\_\_\_\_

District: \_\_\_\_\_

School: \_\_\_\_\_

Home Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Send to:** Curtis Hale  
Granite School District  
2500 South State Street  
Salt Lake City, UT 84115-3110

Further information contact: [crhale@graniteschools.org](mailto:crhale@graniteschools.org)

**REGISTRATION DEADLINE: May 22, 2010**